



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING SPECIALTY WORKSHOPS

## SEPTEMBER WORKSHOPS SOUTHINGTON COMMUNITY YMCA

**JOIN US AS WE HOST A VARIETY OF SPECIALTY WORKSHOPS INCLUDING:**

- **Hooked & Unhooked**
- **Dueling Cycling**
- **Interfaith Gathering: Happy New Year!**
- **Crystal Singing Bowl Sound Healing Meditation**
- **Yoga at the Wall**
- **Yin Yoga & Meditation**
- **Outdoor Cycling**
- **Yoga & Hiking**
- **Virtual Yoga Nidra**

**Classes will require registration and a fee. Members & Non-Members are welcome! To register, visit the Membership Services Desk or call 860.628.5597. See reverse side of this flyer for registration deadlines.**

**No refunds available for missed classes.  
Questions or Comments?**

**Contact Jolene Miceli for details!  
jmiceli@sccymca.org or 860.426.9589**



## Hooked & Unhooked

This workshop will dive into the Buddhist topic of Shenpa, otherwise known as 'the hook.' We will discuss the things that trigger us (example- the passive aggressive text, the angry driver), what we do as a result (act aggressively, numb, withdraw) and it will offer practical ideas from the Buddhist perspective to undo these (often habitual) patterns. This discussion will be rich and meaningful but is not intended to take the place of professional mental help.

**Studio 130 Thursday 9/7 12:45-2pm** Participants should bring water. Ages 16 and up. Full & Family members \$10, Non-Members \$30

## Dueling Cycling Workshop

Come out and join the fun on a Sunday morning! Heather and Marc will bring you along for an energetic hour of Madonna versus Bon Jovi. As with dueling pianos, we will see who gets the most votes - Madonna or Bon Jovi!

**Studio 29 Sunday 9/10 8-9am**

Participants should bring water Optional - cycling shoes. Ages 16 and up.

Full & Family members \$10, Non-Members \$30.

## Interfaith Gathering: Happy New Year!

Join Shelley for this beautiful opportunity to gather and connect with this theme of: Happy New Year. This will include live music, readings from various faith traditions/ philosophies, discussion and simple meditation. All faith traditions (or no faith tradition) are welcome here.

**Studio 130 Sunday 9/10 4-5pm** Participants should bring water. Ages 16 and up. Full & Family members FREE, Non-Members \$20

## Crystal Singing Bowl Sound Healing Meditation

Kathy will lead you through a sound bath and guide you into a deep meditative state. The vibrational energy from the bowls will fill the space and penetrate your body to ease stress, anxiety and promote an overall sense of well being. Please bring any props (blanket, bolster, etc.) that will enable you to sit or lie down comfortably throughout the sound bath. If you have neurological disorders, please consult with your doctor prior to registering.

**Studio 130 Friday 9/15 5:30-6:30pm**

Participants should bring water and a mat or chair to sit on outside. Ages 16 and up. Full & Family members \$5, Non-Members \$20

## Yoga at the Wall

This workshop will include an all levels practice using the wall as prop to enhance, support and deepen your practice. A great way to experience your body with more kinesthetic awareness and optimize integrity in all postures. Limited to 6 participants.

**Studio 130 Sunday 9/17 8-9:10am** Participants should bring water. Ages 16 and up. Full & Family members \$10, Non-Members \$30

## Yin Yoga & Meditation

A very still and quiet practice with emphasis on the non-contractile soft tissues of the body. The work is done primarily on the floor with lots of held stretches, lots of deep breathing and lots of opportunities to practice letting go. Class will conclude with a short, silent seated meditation.

**Studio 130 Sunday 9/17 9:30-10:30am** Participants should bring water. Ages 16 and up. Full & Family members \$5, Non-Members \$20

## Outdoor Cycling

Plan to ride 14-18 miles starting on the trail and then the road heading towards Lake Compounce's back entrance. The estimated average speed is 15 mph. Total time approximately 75-90 minutes. Riders must have a general comfort level with riding in a group and on the road. All traffic laws will be followed. **Required: Helmet, water, and back reflector. Optional: Nutrition bar, caffeine, front & back lights.**

**7:45am check in at North side entrance of Y (29 High St) Saturday 9/23 8-9:30ish am** Ages 18 and up. Full & Family members \$10, Non-Members \$30

## Yoga & Hiking

Join us for a hike on the green trail (approx. 1.25 miles) at YMCA Camp Sloper. We will hike around the property with pauses for yoga and breath work. Meet at Camp office. In the event of rain, participants will be contacted to cancel. Visit [ymcacampsloper.org](http://ymcacampsloper.org) to see trail map.

**YMCA Camp Sloper Saturday 9/23 8:30-9:30ish** Participants should bring water, sneakers or hiking shoes, and bug spray. No mats needed. Ages 16 and up. Full & Family members \$5. Non-Members \$20

## Virtual Yoga Nidra

A comfortable, relaxing & grounding pranayama (breathing) and Yoga Nidra (guided meditation) experience. This is a perfect relaxing, self-care evening, done lying down or in any comfortable position. The class with gently fade off after resting, so you can go right to sleep if you choose. Ages 11 and up.

**Virtually Wednesday 9/27 8-9pm** \*A Zoom link will be emailed to participants prior to the start of class.

Full & Family members FREE, Non-Members \$10 \*Please note- only 1 registration per household needed. Families do not need to register each individual.